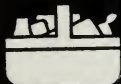


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SPICES

CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA)

TO CONSERVE SPICES

1. Buy small supply at a time; spices lose flavor standing.
2. If possible, buy spices unground (whole nutmegs, cloves, pepperkorns, cinnamon sticks) and grind when needed.
3. Store in cool place, away from stove, tightly covered.
4. Measure carefully, according to recipe.
5. Use domestic herbs for flavoring - onion, garlic, parsley, celery; can be bought dehydrated or with salt.
6. Share spices with neighbors - all borrowing from each other, or dividing packages when purchased.
7. Keep empty containers with shaker tops for reuse.

OLD FLAVORS FOR NEW ZEST

The following herbs & spices are grown in U.S.A. and can be used to add new zest to cookery: paprika

anise	celery	dill	licorice	sage
caraway	coriander	fennel	marjoram	sesame
cayenne	cumin	ginger	mustard	thyme

The following herbs can be grown in a home herb garden:

basil	sweet-marjoram	tarragon	celery	dill
chive	nasturtium	caraway	anise	thyme
mint	watercress	parsley	savory	sage

For information on growing and preparing these herbs for use, write to the Consumers' Counsel, Department of Agriculture, Washington, D.C. & ask for copy of "Savory or Aromatic Herbs in the Kitchen Garden," a publication of the Bureau of Plant Industry.

CONSUMERS' COUNSEL DIVISION, U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

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